Mat-Su Monitor

APRIL 2018 VOLUME 41 NUMBER 4

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WHAT MAKES A GOOD ESSAY, OR HOW TO DO THE LEAST WORK POSSIBLE AND STILL PASS

This essay is adapted from one written in response to the prompt, "What makes a good essay?" for Professor Foucault's English class (name changed in order to protect the writer from potential attack by the exasperated and soon-to-be irked professor in question).

The first thing to determine when attempting to write a good essay is what is expected of the writer in

See **Essay** *page 15*

FREE Matanuska Susitna College Presents FREE

EGGNORMOUS EASTER EVENT

Saturday March 31 2018 11am-3pm

THREE egg hunts with 100s of eggs and many prizes

Hot dogs, Chili dogs, Chips and drinks! CANDY!!!

Join us for a hopping good time at the Mat-Su campus.

EASTER BUNNY WILL BE HERE!

Upcoming events:

March 30: Last day to withdraw from classes.

March 31: Spring Egg Hunt. Come search for candy-filled eggs hidden around the campus's grounds, 11 AM-3 PM.

April 2: Fall registration opens for seniors (90+ credits).

April 2: Student Showcase application deadline.

April 3: Fall registration opens for juniors (60-89 credits).

April 4: Fall registration opens for sophomores (30-59 credits).

April 5: Fall registration opens for freshmen (0-29 credits).

April 6: Deadline to apply for spring graduation and be included in the commencement program.

April 17: Student Government elections and **PIZZA** give away!!!

April 18: Student Government elections and **BBQ**!!!

April 17: College 101, an introduction to application and financial aid, FSM 104, 6:00 PM.

April 19: Federal resume writing workshop, 1 PM, FSM 105.

April 27: Deadline to apply for spring graduation and walk in the commencement ceremony.

May 10: Grades posted to UAOnline.

May 11: Commencement (i.e., graduation ceremony).

JOIN US! @ Mat-Su College
University of Alaska Anchorage

COLLEGE 101 SESSIONS

MAT-SU COLLEGE IS OFFERING FREE *INFO SESSIONS TO HELP YOU UNDERSTAND ADMISSIONS, FINANCIAL AID, AND CHOOSING A CAREER PATH.*

Wednesday, Mar. 28 @ 6:00 p.m. Located in FSM 104	**Tuesday, Apr. 17 @ 6:00 p.m. Located in FSM 104**

Bring All Your Questions With You!

STUDENT ELECTIONS

APRIL 17 & 18

COME VOTE & EAT

Student Government is providing pizza on Tuesday, April 17th and hosting a **Student Appreciation BBQ** on Wednesday, April 18th.

Both events will be held in the Atrium. You must have your student ID to vote. So come join the fun and cast for vote for Mat-Su College Student Government President and Vice-President!

Club meeting times:

Alaska Native Cultures Club: Mon 11:50 -12:50 PM. FSM 200.

Dance Club: Thursdays, 3-5pm PM. Glenn Massay Theater.

Human Services Club: 8am Thursdays SNOD 119

Mat-Su Carbon Crew: Mon 9am JKB 114

Mat-Su Monitor: Mon & Thurs, 12:00 -12:50 PM. Library room 213.

Mat-Su Recycles: March 29 SNOD 103 11:50 - 12:50

Online Gamers: contact jtadams3@alaska.edu

Veterans Club: Mon 8am SNOD 124

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Heather's Top 8 Ways to Save Money

By Heather Deadmond

8. Cook at home.

Eating out is one of the fastest ways to spend money and have nothing to show for it. You're basically eating money. While cooking at home can be more work, it will also save money in the long run. That $20 meal at the restaurant could cost you only $5 to make at home.

7. Buy only what you need.

Before you leave for the store, make sure to bring a list of the things that you actually need. And don't depart from this list! Too many times have I walked in to Target intending to buy milk and walked out with $30 worth of items that I didn't need to have laying around.

6. Try not to shop online.

This goes with #7: Try not to buy anything online that you don't need and can get elsewhere. It becomes much less

See **TOP 8** *page 9*

Mat-Su Monitor
April 2018

Meet your new MSC Career Advisor!

By Adelina Rodriguez

Adelina Rodriguez Career Development Advisor

Although still very new to Alaska and the Mat-Su Valley, I come to you with over ten years of working experience in higher education and as a continuing graduate student. As a first-generation minority student, I understand the value and importance of attaining a post-secondary degree and the barriers that come with completing it -- from financing, identifying a major, learning how to study and write in the collegiate environment and then finally, how to enter the workforce -- writing a resume, letter of intent and interview. My love for learning and knowledge has motived me to earn a Master of Arts in Education, a Bachelor of Business Administration and an Online Teaching Certificate from New Mexico State University (NMSU). Currently, I am working towards a doctorate in Educational Leadership and Administration from NMSU. Before changing career paths in higher education, I operated my own business in the area of communication and technology.

As the Career Development Advisor for Matanuska-Susitna (Mat-Su) College, my primary goal is to empower and connect our community of students and alumni with the resources and skills they need to successfully transition from the classroom into the workforce. Moreover, it is important to connect and assist students to employers to acquire the vital skills needed in today's workforce or career field. My plan is to expand our network of community partners and local businesses who will provide hands on training, through either a paid or non-paid internship. I am excited and looking forward to guiding and mentoring our Mat-Su students to attaining their educational and career goals! Therefore, I invite you to visit me in the Student Services office to take advantage of the free Career Development services and resources to help you prepare for your future.

My plan is to expand our network of community partners and local businesses who will provide hands on training

Career Development Services:

Career and Major Exploration: whether you are a traditional or non-traditional student or changing careers and need assistance in identifying a major, we can explore career fields you are interested in or have you take the Myers-Briggs Type Indicator (MBTI) or Strong Interest Indicator – to help offer career direction and identify relevant occupations based on your strengths and interests.

Internship Opportunities: apply what you are learning in the classroom, gain valuable experience and real-world knowledge with employers in the community with an internship experience. Students will have an opportunity to participate in an internship experience whether it is connected to an academic program or not.

Career Readiness: On an individual basis or in a group setting, students and alumni can learn to develop their resume, cover letter and interviewing skills. Students can participate in a mock interview, to help them practice and receive constructive feedback, before going to an actual interview.

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The *Mat-Su Monitor* is the student newspaper of Mat-Su College. The *Monitor* aims to report college news and serve as a forum for student writing. The *Monitor* seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the *Monitor*'s weekly meetings. Details on participating in or submitting content to the *Monitor* can be found at *https://matsu.alaska.edu/offices/student-government/student-clubs/mat-su-monitor.cshtml*.

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the *Monitor* contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the *Monitor* article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

STUDENT GOVERNMENT ELECTIONS!!!

Interested in becoming Student Government President or Vice President? For details or a candidacy packet, stop by the Student Government Office (JKB 114) or contact Student Government Secretary Thomas Brass at 907-745-9759 or uaa_mscstudentgov@alaska.edu.

Letters of intent must be received no later than April 3rd.

Elections April 17 & 18

PIZZA DAY!!!

WHEN: APRIL 17

WHERE: ATRIUM

EAT VOTE EAT VOTE EAT VOTE EAT VOTE EAT VOTE EAT VOTE EAT

STUDENT APPRECIATION Bar-B-Q

APRIL 18

EAT VOTE EAT VOTE EAT VOTE EAT VOTE EAT VOTE EAT VOTE

MAKE A POSITIVE IMPACT IN YOUR COMMUNITY

Play an important role on the Mat-Su College Campus. Being on a committee can help to enhance your career, give you a chance to give back to your community, and give you the opportunity to challenge yourself by helping to shape your society.

Current Mat-Su College Committees open to the student body:

- Board of Elections
- Concert Committee
- Constitution Committee
- Dance Committee
- Health and Wellness Committee
- Rules Committee
- Pizza Committee
- Planning Committee
- Finance Committee

Or join one of the student clubs. Clubs are a great place to meet like minded people, have fun, learn new things and relax.

- Alaska Native Culture Club
- Mat-Su Dance Club
- MSC Veterans' Club
- Mat-Su Recycles
- Mat-Su Carbon Crew
- Mat-Su Monitor
- Human Services Club
- Paramedic Association

Joining a committee or club looks good on resumes as well as gives you a chance to connect with fellow students, staff and faculty. You owe it to yourself to try them out. If you don't see a club that interests you, you can start one of your own. Student Government will fund you up to $300 to cover expenses. You can pick up a form at the Student Government office in JKB 114, near the café.

LOST AND FOUND

Now housed at the Library!

Have you recently lost your:

Ask at the front desk, and we may be able to help you find it!

On the evening of Friday, March 9, self-styled "Comedy Hypnotist" Dan Lornitis played to a very crowded Glenn Massay Theater. The audience was estimated at upwards of 250 students, students' family and friends, staff, and community members.

At the outset of the show Lornitis asked for volunteers from the audience. Once this crew was assembled on stage, Lornitis used his considerable mesmeric powers to implant humorous imaginings into the minds of his volunteers. For example, he told them to imagine that they were secret agents who were going to receive top secret phone calls on their shoe-phones. They volunteers then held their shoes up top their ears. Lornitis then said "When I count to three, your top-secret shoe phone will transform into a gas mask." The poor volunteers then held their phone to their face.

If you want to help bring more fun events to campus, get involved with Student Government Council by attending one of their weekly meetings (in FSM 105 on Wednesdays from 11:50 to 12:50).

Audience participants under Lornitis' spell.

Observing life through shoe-binoculars

Volunteers posing for a Talent Show

Look out for the Noise Police! Yikes!

Getting ready for a milking contest

Mat-Su college
University of Alaska Anchorage

22nd Annual

2018 High School
Art Portfolio Competition

Open to all Alaska High School Seniors

Portfolio Drop Off: April 16-18
Winners Announced: April 19
Show: April 19-May 4, 2018

Business owners!

The Mat-Su Monitor is a great place to advertise your business or event. The Monitor has a wide circulation, with thousands of copies inserted in the Frontiersman and distributed throughout the Valley.

We also have low rates:

Ad Size	Cost, B/W	Cost, Color
3" x 3"	$75	$125
5" x 5"	$125	$175
7" x 7"	$175	$225
Full page	$275	$300
Full page, back	Always color	$375

Moreover, the Monitor runs relatively few ads, which ensures that your ad will stand out. Finally, advertising in the Monitor demonstrates your support for local students. For more on advertising, call **745-9758.**

2018 Mat-Su Employer Expo

Over 860 job-seekers and more than a hundred employers came together for the 2018 Mat-Su Employer Expo, hosted at Mat-Su College on March 14. Employers present ranged from local small businesses with a handful of part-time employees to the U.S. military, with its half-a-trillion dollar budget. The employers present were hiring for a range of entry-level, technical and professional jobs. At each employers' booth friendly representatives were available to answer questions, provide information, accept applications, and -- critically -- hand out fun freebies. In addition to connecting job-seekers with employers, career counselors were on hand to provide training in topics such as LinkedIn and applying for federal jobs. Job-seeking students who missed the career fair should contact Student Services to make an appointment with the college's Career Counselor, who can help with identifying career options, looking for available positions, and preparing for an interview, among other things.

Job seekers from around the valley flock to Mat-Su College to get face time with potential employers.

Dr. Gunnar Knapp, renowned economist, delivers lecture at Mat-Su College

By David Bumblebee-Smith.

What is Alaska's fiscal future?

That was the question posed by Dr. Gunnar Knapp, Professor Emeritus of Economics and the former director of UAA's Institute of Social and Economic Research. In a February 13 lecture held at the Glenn Massay Theater, Dr. Knapp made good use of an ability to make complex topics accessible. He explained to those attending -- students, employees, and community members.

(Before this reporter attempts to summarize the content of Dr. Knapp's lecture, let it be said that what follows is only his recollection and interpretation, and not necessarily what Dr. Knapp meant to impart.)

Dr. Knapp began by explaining that Alaska's state budget is short on revenue and big on spending. Without making any sort of value judgement about this situation, and without advocating any particular approach, Dr. Knapp then explained that Alaska must reach a point where expenses and revenue roughly even out. To do this, people must make reasonable, politically viable proposals, of which there could many many. It is up to the people of Alaska to decide which they prefer.

Mat-Su College & Mat-Su NOW present the 4th Annual
EQUINOX
WOMEN'S FILM FESTIVAL
A Collection of Films Showcasing Women
GLENN MASSAY THEATER
Saturday March 10, 2018 | 5:00PM
Enjoy an evening of films written, directed, produced and inspired by women
Event begins at 5pm, come and appreciate the work of local craftswomen
Grab a bite to eat from one of the foodtrucks offered and enjoy a beer for 21+
JOURNEY Mat-Su college
FREE ADMISSION FOR MAT-SU COLLEGE STUDENTS
(Must have ID)
$15 - General Admission
Tickets and information available at
www.glennmassaytheater.com
8295 E College Drive Palmer, AK 99645 P (907) 746 9300

Glenn Massay Theater Hosts annual Equinox Film Festival

The Glenn Massay Theater played host to the Valley's fourth annual Equinox Film Festival. Put on by the area's National Organization of Women (NOW) chapter, and sponsored by B. Bella, Valley Community for Recycling Solutions, and IBEW Local 1547, the event drew over 70 people who came to watch the 10 films. The event was brought to the Monitor's attention by a student completing a service learning project for Professor Judy Gette's Women's Studies class.

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April 2018

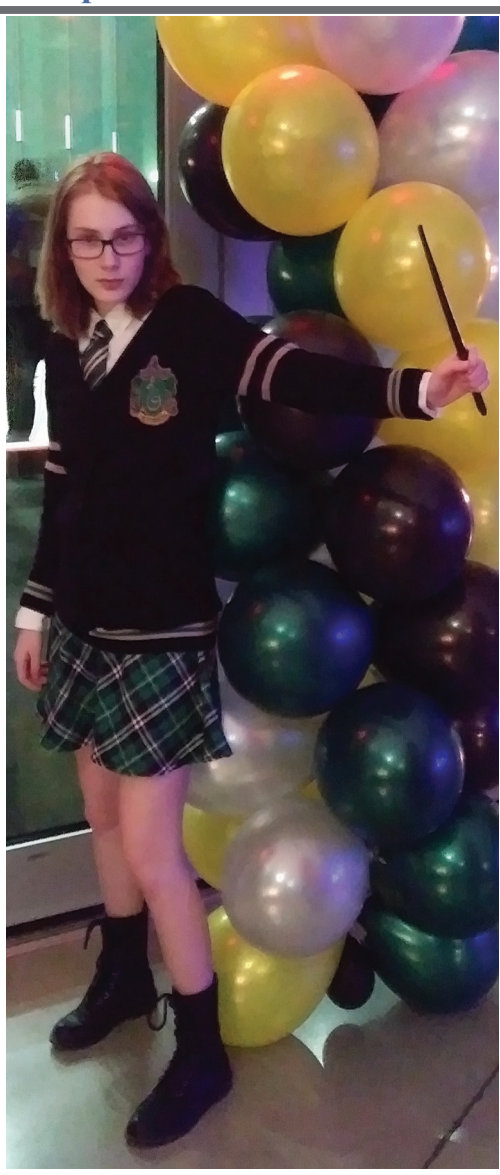
HARRY POTTER DANCE

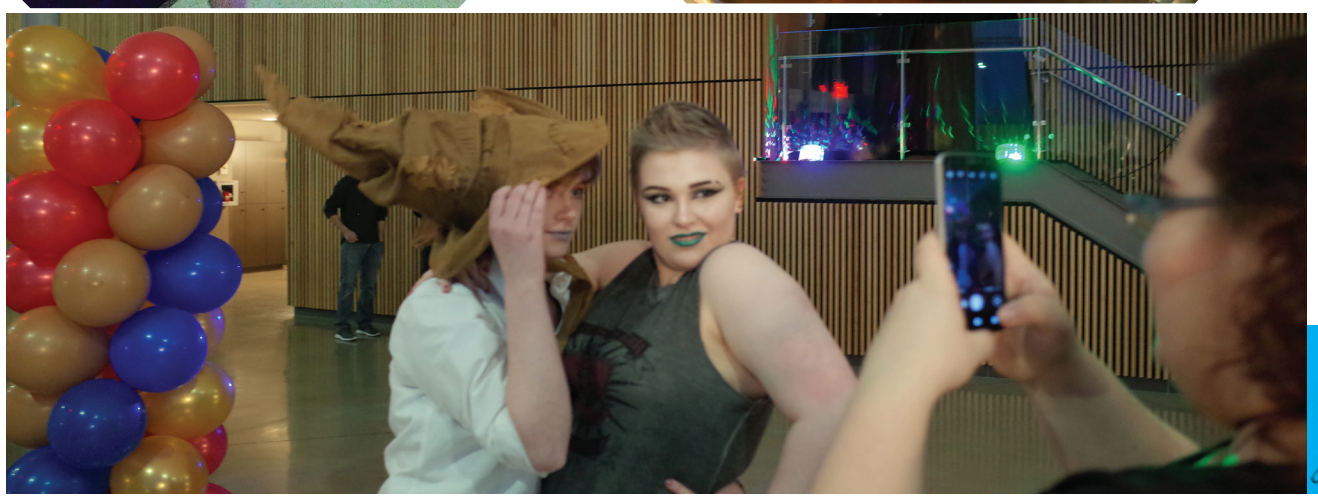
Another semester, another school dance.

By Peacetree Jurkowski

On March 2nd, the Glenn Massay Theater played host to yet another school dance sponsored by Student Government Council and the college Dance Club. This semester's theme was Harry Potter. The occult theme was embraced by students, who came dressed as wizards, witches, warlocks, sorcerers, and tweens. Much food was available, some of which was designed to look like objects from the Harry Potter universe (see the photograph of the candies in the form of Golden Snitches).

The Mat-Su Monitor surely speaks on behalf of the college's student body when it thanks the event's organizers, participants, chaperones, and DJs for the fine evening.



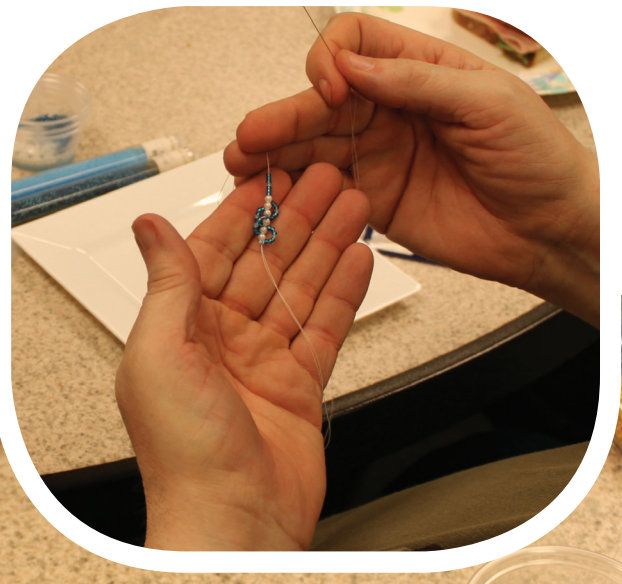


SPRING CARNIVAL

On March 7th Student Government Council organized a Spring carnival. Games, activities, prizes, and good company were all on offer. The event was held mid-day in the atrium, the crossroads of campus.

June Pardue Beading Workshop

On the evening of March 7th local Alaskan master artist June Pardue came to campus to teach a beading workshop. The event was sponsored by the Mat-Su College Alaska Native Cultures Club. Beads, needles, and other materials were provided free of charge to the many students and community members who participated.



HAVE SOME QUESTIONS? TRY ONE OF MAT-SU COLLEGE'S LEARNING SERVICES.

Elizabeth J Fallon Learning Center*

OLB 121 745-9772

https://matsu.alaska.edu/offices/learning-resource-center/index.cshtml

Tutoring Available in JKB 107 745-9713

WRITING
Monday - Wednesday 9:00 - 4:00
Thursday 10:00 - 4:00
Friday 10:00 - 2:00

MATH
Monday & Tuesday 9:00 - 3:00
Wednesday 9:00 - 5:00
Thursday 10:00- 3:00

Special Math Sessions
April 6 10-2
April 13 10-2
May 4 10-2

ASL
Wednesdays 4:30 - 6:30

JAPANESE
Monday - Tuesday 5:30 - 6:30 by appointment

***Tutoring is available only for students enrolled in MSC courses**

Hours are subject to change Tutors available Jan 17 – May 3

Online Tutoring:

Alaska State Library provides the Live Homework Hotline at tutor.com/alaska from 1pm-2am

www.tutor.com/military for military families who qualify

Khan Academy: Videos (math, science, economics, history) http://www.khanacademy.org/

Foreign Language: http://libraries.mangolanguages.com/alaska/start (includes English)

Writing: http://writing.wisc.edu/Handbook/index.html

http://bcs.bedfordstmartins.com/rules7e/#t_669460

http://www.paperrater.com/

http://blog.apastyle.org/apastyle/

Math Study Room

SNOD **118**
8:00 AM - 3:00 PM
Fridays

Not Available April 6

Open study room is available on Fridays for students who want to study math together.

CRAM JAM

Saturday April 28
Study with math faculty in Snodgrass rooms
9 a.m. – 2 p.m.

Additional Help available in the Learning Center
Rosetta-Stone Language Software
Computer Stations
Textbooks, Videos and Other Resources

Live Homework Help launches new writing tutoring service

Live Homework Help is a free tutoring service available to all Alaska residents. It is primarily aimed at students taking courses at any level, from kindergarten to college. Its tutors can provide help in areas such as math, science, writing, and English. It also has tutoring services for adults who have finished schooling but who may need help with topics such as citizenship exams or job searches. Live Homework Help's very capable tutors are available from 12 PM to 2 AM (so your average college student may have to get up a bit early to make use of the service).

Until recently, getting the help of a tutor meant chatting by text (or, optionally, voice) in real time. That is still the default way of getting help. But now Live Homework Help has a feature they call "Drop-Off," which lets you upload a paper or a math problem. Once uploaded, you can get on to other homework (or Netflix). Sometime later, you can log back in and look over the tutor's detailed feedback. This is an easy, stress-free way to add some polish to any assignment.

To make use of Live Homework Help, go to http://lam.alaska.gov/sled/homework and click "click to access Live Homework Help." Please note that the drop-off feature does require that you create a free account so that you can log in later to see the tutor's suggestions. The real-time tutoring does not require any account.

DISTANCE WRITING TUTOR.

Students can schedule for in-person and phone tutorials by calling **907-474-5314.** The telephone service is available evenings Monday thru Thursday and on Sunday afternoons. For these appointments, after procuring a slot, students may e-mail their work to uaf-writing-center@alaska.edu at least one hour before the appointment, and the tutor will call at the appointed time. For more information visit **http://www.uaf.edu/English/writing-center/.**

Fall & Spring Hours

Mon-.Thur. 10:00 a.m.– 4:00 p.m.
7:00 p.m.-10:00 p.m.
Friday 10:00 a.m.- 1:00 p.m.
Sunday 1:00 p.m.- 6:00 p.m.

Summer Hours

Mon-.Thur. 10:00 a.m. - 7:00 p.m.
Fridays 10:00 a.m. - 2:00 p.m.

Marcia's Money Saving Tips

By Marcia Wyman

1. Extend uses of liquid soap. One new bottle two old bottles can make three bottles -- just mix soap and water.
2. Use grocery bags for garbage bags.
3. Save plastic food containers as reusable food containers.
4. Grab a few extra condiments, plastic utensils, napkins, and straws for home use.
5. It is cheaper and healthier to make a pot of food and freeze it into individual servings than to buy frozen meals.
6. Check out thrift stores. You can find many things for your living quarters at a fraction of the new price. Same with clothes!
7. Save money on gas by taking surveys on Fred Meyer's receipts. You can turn one in every two (?) weeks to get 50 points towards points needed for 10 cents off.
8. Collect coupons and keep them in your purse, backpack, or vehicle for immediate use.
9. Premade food is more expensive than homemade meals.
10. Take care of your teeth or face thousands of dollars of bills for repairs or dentures!
11. Quit smoking or at least cut back. Just one pack a week is a loss of around $40 a month.
12. There are regional food banks. You don't have to be on state assistance to get some help with food. Usually, the only requirement is you live in the community that the food bank serves.
13. Can't afford the gym? Go on walks (walk faster in neighborhoods), do exercise at your time to your favorite music, use variety of objects in home as weights.
14. You don't need an ab machine, just practice pulling in your stomach whenever you think about it. Practice long, timed stretches while watching TV.
15. Carpool!

Our photographer accidentally captured this scene of nature while trying to photograph the abundant plastic bags that have accumulated near an intersection of the college's trail system and the borough's waste facility.

Here are a few money-saving tips offered by students from the *Monitor* suggestion box in the library.

1. Carpool or take the bus.
2. Quit using makeup.
3. MSC is not an Ivy League. It's affordable. Do the work!
4. Apply for scholarships.
5. Don't eat out!
6. Only drink water.
7. Prioritize your budget on tuition and fees. Books can be found online, at your library, or from prior students.
8. Open a savings account and always put 25% or more in the account.
9. Solutions to pay for college: military, student loans, grants, scholarships, working part-time.
10. Rent textbooks instead of buying them.
11. Work hard and pass your classes the first time around.
12. Buy cheaper beer!
13. Learn to cook properly and always set a budget for what you can afford to spare.
14. Save your money on coffee and drink caffeinated tea instead.
15. Use your Wolfcard's print allotment.
16. Take advantage of the resources told to students.
17. Pay your bills on time to avoid late fees.
18. Check out the library's Kill-A-Watt power monitor. You can use it to find appliances that draw a lot of power.
19. Cancel your Spotify or Pandora subscription. You can get all the free music you want from the UCSB cylinder audio archive, http://cylinders.library.ucsb.edu/.
20. Give up expensive coffees. Give up on savings. Give up on college.s

NOW
ACCEPTING
Mat-Su Middle College Spring & Fall 2018 Applications
Priority Application: January 8th - March 8th
Late Application: March 19th - August 1st
Complete an Application
Take Accuplacer & ALEKS Tests
GET ACCEPTED!
Get a Scholarship up to
$17,000
• Graduate High School with up to 60 College Credits
• Dual Credit Options, High School & College Classes
• College Tuition, Books & Fees Covered
• Individualized Learning
Call: 907.746.8494 or 907.761.3498
Email: MSM@matsuk12.us
www.matsuk12.us/msm
MAT-SU Middle College

TOP 8 *continued from page 1*

guilt-inducing when you don't have to fork over a physical card or cash, and you have a box full of stuff heading to you with just a click of a button. Online shopping can definitely rack up your credit card bill fast.

5. Shop thrifty.

There are plenty of great thrift stores in the Valley that offer a wide selection and great prices. Instead of going to Old Navy or GAP for a new pair of jeans, try checking places like Value Village first. I can bet someone else spent the money retail price for you so that you don't have to!

4. Consider nights in.

As tempting as it can be to go out to the movie theater and get dinner afterwards, it could be just as fun to stay in and watch a movie from the library. A $40 night out could become a free night in. (Of course, if you want to add popcorn, you might have to add $5 to buy a box of microwave popcorn.)

3. Size down on your coffee.

A 12oz. coffee is usually 50 to 75 cents cheaper than a 16oz. Even if that doesn't seem like much, if you're a big coffee drinker, that could add up to a few dollars every week. I would also suggest switching to caffeinated tea, or making your own coffee at home and bringing it with you.

2. Use what you have.

Before you go out shopping, make sure you have used all that you have of whatever item you're thinking of buying. Don't buy new shampoo and conditioner if you haven't used the entire bottle, don't buy more coffee until you've used the entire bag, etc. This creates less waste and helps you save money in the process!

1. Evaluate your habits.

Sit down and really evaluate why you're compelled to spend money. Make a list of the essentials that you must buy, the "wants" that you don't necessarily need but make you happy, and what percentage of your money is thrown away because of impulse buying and untracked luxuries. Understanding yourself could lead to spending less and enjoying more.

Sophia, the Mat-Su College Arctic Dragon, is dedicated to the well-being of Mat-Su College students, staff, and faculty. In this passport, you will find a number of Dragon-approved events and activities specifically designed to help you cope with stress, rise to challenges, and take good care of yourself along the way. If you are preparing for a health-related career, many of these events will round out your academic preparation for working with clients or patients in the future.

So travel along with Sophia to the four destinations for well-being:

Awareness of good mental health for yourself and others

Balance between school, work, family, and self-care

Connection to campus, community, friends, and family

Off the Beaten Path, expanding your horizons by trying something new

Mat-Su College Journey activities and behavioral care services for students are supported by a Healthy Impact Grant from the Mat-Su Health Foundation.

Check the Journey website weekly for full activity descriptions and updates. All events are free.

Passports will be available in Academic Affairs, Student Services, around campus, and at events. Good luck on your journey and best wishes for a happy and healthy semester!

Start Your Journey!

It's easy to win: attend events, collect stamps, and then drop by the Academic Affairs Office with your passport after reaching each level for your next prize!

Limit one Passport per person.

Remember, when you attend a Dragon-approved event, make sure you get your passport stamped. Passports will not be stamped retroactively: You must collect your stamp at the event.

Bring your Passport to JKB 133 when you have collected:

5 stamps: Get a $10 MSC Breaktime Café Coupon (while supplies last)

6 stamps: Get a $24 MSC Bookstore Gift Card (while supplies last)

7 stamps: Enter the drawing to win a Jan Sport All-Purpose Backpack (Deadline to enter the drawing: November 3, 2017. One entry per person.)

8-10 stamps: Enter the drawing to win a $50 REI Gift Certificate (Deadline to enter the drawing: December 8, 2017. One entry for each stamp 8 or over, limit 3 entries per person.)

APRIL 8-14:
Celebrate National Library Week
and earn JOURNEY STAMPS
by attending library workshops and
making a poster for your favorite book
(see library for supplies).

March 28: "Effective Communication" Journey event, 4:00 PM, FSM 200.

March 30: "Sand Tray Experience" Journey event, 12:00 PM, SNOD 119.

April 9: "Trauma and Children" Journey event, 12:00 PM, SNOD 119.

April 25: "Color Psychology" Journey event, 12 PM, FSM 200.

TRAVELER'S AID

Earn a Journey stamp by:

Attending a FAFSA Friday or UAA scholarship workshop

Using the MSC math or writing tutoring services

Joining in on a Math Cram Jam session

Showing up to a library information session

Meeting with a career counselor in Student Services

Making an appointment with your Mat-Su College advisor

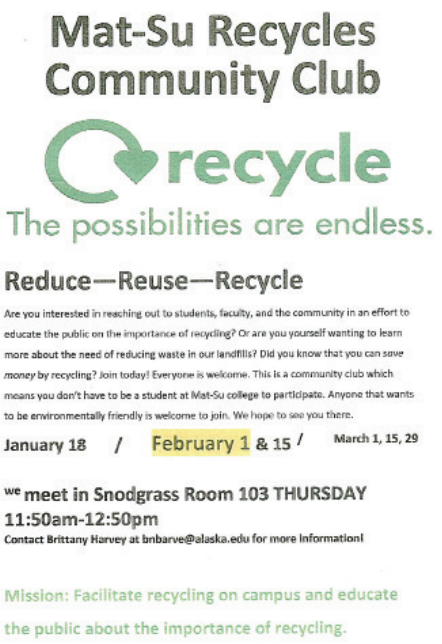
LETTER OF APPRECIATION

Students take advantage of a journey event to write letters of appreciation to people of influence in their lives. Supplies and postage were provided by coordinators. Thank you to the students who helped make this event possible.

Welcome to our new Recycling Club

By: Tanya Ortner, Vice Chair of MSRCC

Did you know Mat-Su College has a new club, one that is also open to the general public? The Recycling Club is in its development phase and looking for new members! We are currently focusing our time on getting filtered water dispensers installed on campus, so that everyone can fill up their favorite water bottle with clean, refreshing water while also cutting down on plastic waste! Completion of this task would benefit faculty and students, who currently have no access to decent water at the school. With Earth Day around the corner, it's a great time to reconsider our lifestyles and support recycling both on and off campus. We welcome all community members to join us and hopefully together make small changes that will enhance our experiences! We meet every other Thursday in Snodgrass room 103 at 11:50.


Mat-Su Recycles
Community Club
recycle
The possibilities are endless.
Reduce—Reuse—Recycle
Are you interested in reaching out to students, faculty, and the community in an effort to educate the public on the importance of recycling? Or are you yourself wanting to learn more about the need of reducing waste in our landfills? Did you know that you can save money by recycling? Join today! Everyone is welcome. This is a community club which means you don't have to be a student at Mat-Su college to participate. Anyone that wants to be environmentally friendly is welcome to join. We hope to see you there.
January 18 / February 1 & 15 / March 1, 15, 29
we meet in Snodgrass Room 103 THURSDAY
11:50am-12:50pm
Contact Brittany Harvey at bnbarve@alaska.edu for more information!
Mission: Facilitate recycling on campus and educate the public about the importance of recycling.

Please contact Brittany Barve at bnbarve@alaska.edu with any questions you may have.

MEETING TIMES
Mondays &
Thursdays
12:00-12:50
OLB 214
(Upstairs in the Library)

- Photographers
- Writers
- Reporters
- Marketing Reps
- Cartoonists
- Artists

Now taking submissions: Next deadline for entries: APRIL 6.

Student Veterans of MatSu College
Mat-Su college
Arctic Dragons

America's Military has proven time and again that they are willing to answer the call when it comes to protecting America. The transition from soldier to student can be a daunting experience.

The Student Veterans of Mat-Su College has been created as a place for all individuals, regardless of military affiliation, to get together and support each other while enriching our lives through the pursuit of continuing education.

Membership is open to anyone who would like to become involved. For more information on the Student Veterans of Mat-Su College, find us on Facebook at https://www.facebook.com/groups/studentveteransofmatsucollege/ or e-mail us at studentveteransofmatsucollege@gmail.com

MEETINGS: MONDAYS 8am SNOD 124

DANCE CLUB
WHEN: Thursdays 3-5pm
WHERE: Glenn Massay Lobby
-Just want to have some fun?
-Need a new workout idea?
-Or just need a place to hang out with decent music?
-No prior knowledge needed!
-Come and go as needed
Join Dance Club!
For more information contact us!
pjsampson@alaska.edu
DANCE

Dance Club meetings Thursday 3-5pm Glenn Massay Theater

Mondays 8 am JKB 114 (Student Gov. Office)

Save the planet fanatics? NO!!! We are students that believe this planet is our responsibility and taking care of it is a necessity. Our main goal is to show others better ways to produce food, to use fuels more efficiently, and to use our resources in a manner that is beneficial. Yes, we love our world and want the people on it to thrive. Come join us.

Alaska Native Cultures Club
Mat-Su college

We meet **every Monday** 11:50am to 12:50pm **FSM 200**
(Art Gallery upstairs)
STUDENT CLUB CALENDER on the Mat-Su website:
http://matsu.alaska.eduOr e-mail us at: : MatSuANCC@gmail.com

Human Services Club
The information gateway between community help organizations and the Mat-Su College student body.
Thursdays 8am SNOD 119

Mat-Su Monitor
April 2018

10 MLB Free Agents

By Sam Ouellette

Note: The status of these players is accurate as of March 12, 2018.

1) Eric Hosmer 1B
Former Team: Kansas City Royals
Signed by San Diego Padres for eight years, at $144 million dollars

2) Jake Arrieta SP
Former Team: Chicago Cubs
Signed by Chicago Cubs for three years, at $75 million dollars

3) JD Martinez OF
Former Team: Arizona Diamondbacks
Signed by Boston Red Sox for five years, $110 million dollars

Photo by Keith Allison, from https://commons.wikimedia.org/wiki/File:Yu_Darvish_on_June_30,_2014.jpg

4) Mike Moustakas 3B
Former Team: Kansas City Royals
Resigned with the Kansas City Royals for one year, at $6.5 million dollars

5) Yu Darvish SP
Former Team: LA Dodgers
Signed by Chicago Cubs for six years, $126 million dollars

6) Shohei Ohtani SP
Former Team: Nippon-Ham Fighters Japan
Signed by LA Angels of Anaheim for six years and can receive up to $2,315,000 dollars in international bonus money

7) Greg Holland RP
Former Team: Colorado Rockies
Remains unsigned
Best Fits: Anaheim Angels, Washington Nationals

8) Lorenzo Cain OF
Former Team: Kansas City Royals
Signed by Milwaukee Brewers for five-year, $80 million dollars deal

9) Wade Davis RP
Former Team: Chicago Cubs
Signed by Colorado Rockies for three years, $36 million dollars

10) Zack Cozart SS
Former Team: Cincinnati Reds
Signed by LA Angels for 3 years, $38 million dollars guaranteed

Top five NFL Draft Prospects by position

By Sam Ouellette

Quarterback
1. Josh Allen, Wyoming
2. Sam Darnold, USC
3. Josh Rosen, UCLA
4. Baker Mayfield, University of Oklahoma
5. Lamar Jackson, Louisville

Running back
1. Saquon Barkley, Penn State
2. Derrius Guice, LSU
3. Sony Michelle, Georgia
4. Nick Chubb, Georgia
5. Ronald Jones, USC

Wide receiver
1. Calvin Ridley, Alabama
2. Christian Kirk, Texas A&M
3. Cortland Sutton, SMU
4. Auden Tate, Florida State
5. Dante Pettis, Washington

Offensive line
1. Quentin Nelson, G, Notre Dame
2. Orlando Brown, OT, Oklahoma
3. Billy Price, G/C, Ohio State
4. Isaiah Wynn, LSU
5. Will Hernandez, G Texas-El Paso

Tight end
1. Hayden Hurst, South Carolina
2. Mike Gesicki, Penn State
3. Dallas Goedert, South Dakota St.
4. Ian Thomas, Indiana
5. Dalton Schulz, Stanford

Defensive line
1. Bradley Chubb, N.C. St.
2. Vita Vea, Washington
3. Arden Key, LSU
4. Ogbonnia Okoronkwo, Oklahoma
5. Marcus Davenport, Texas-San Antonio

Photo by Eric Chan, from https://commons.wikimedia.org/wiki/Category:Josh_Rosen#/media/File:Josh_Rosen_vs_Virginia_(cropped).jpg

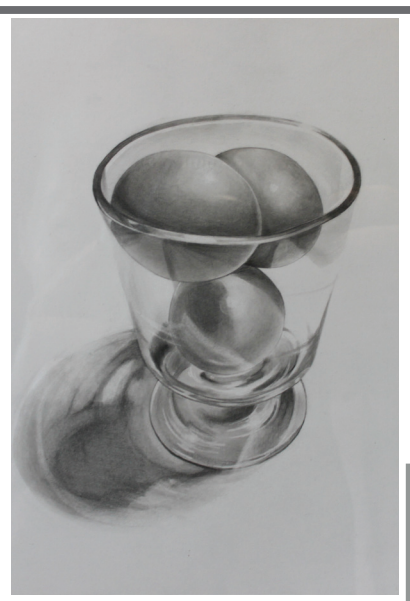
Linebacker
1. Tremaine Edmunds, Virginia Tech
2. Roquan Smith, Georgia
3. Leighton Vander Esch, Boise State
4. Rashaan Evans, Alabama
5. Harold Landry, Boston College

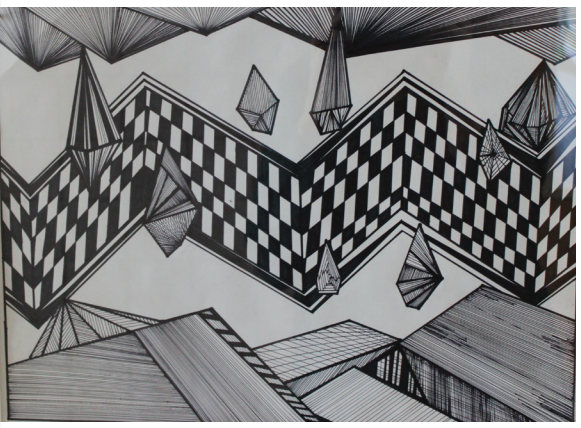
Defensive back
1. Minkah Fitzpatrick, Alabama
2. Denzel Ward, Ohio State
3. Derwin James, Florida State
4. Josh Jackson, Iowa
5. Mike Hughes, UCF

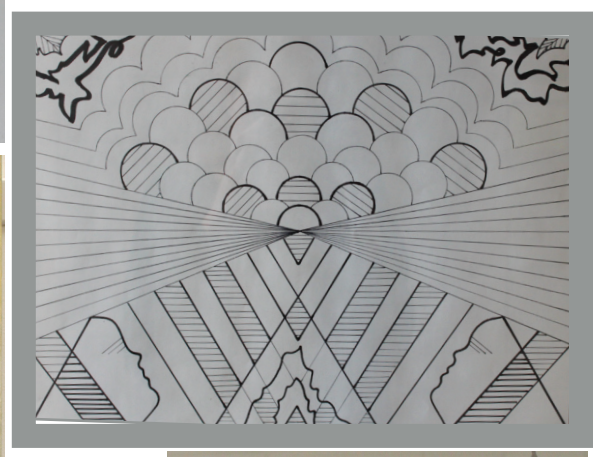
Get involved with YOUR paper!

The Mat-Su Monitor is open to students of all experience levels. A paper like ours always needs writers, artists, graphic designers, advertisement coordinators, photographers, and more (maybe you can contribute something we haven't even thought of)!

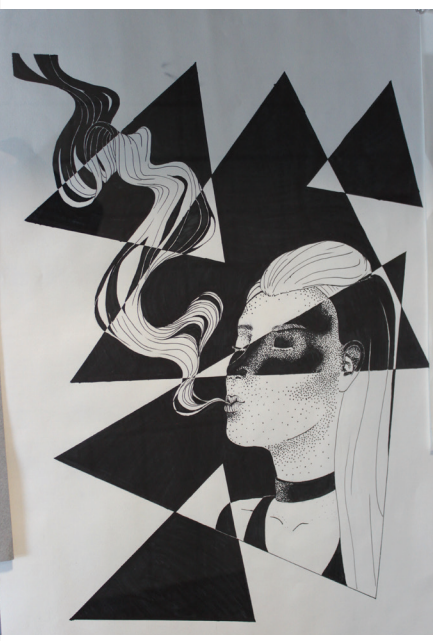
Meetings: Mondays and Thursdays, 12:00 to 12:50, in OLB 214 (upstairs in library).

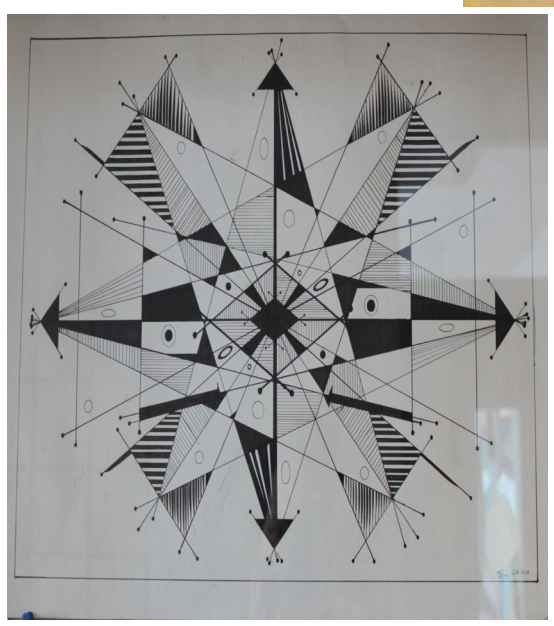


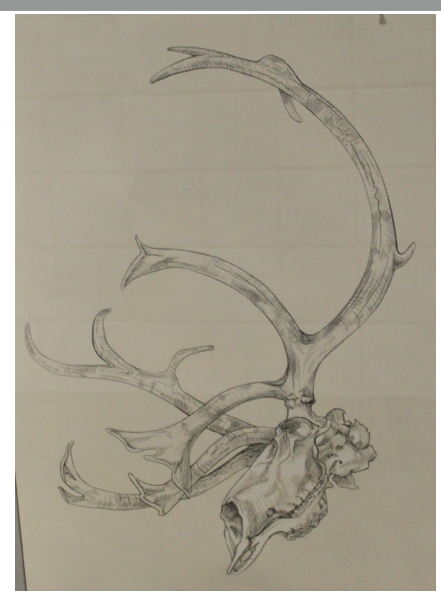




FROM THE STUDIO

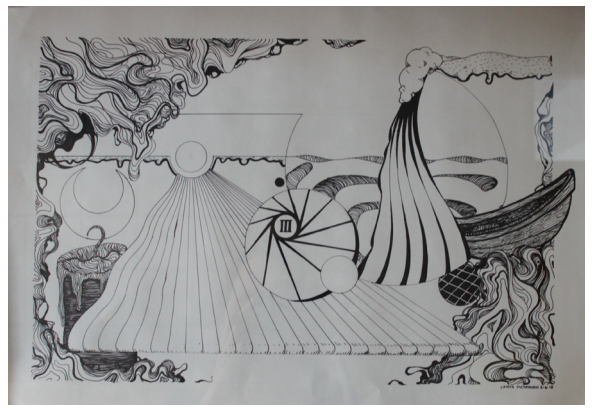
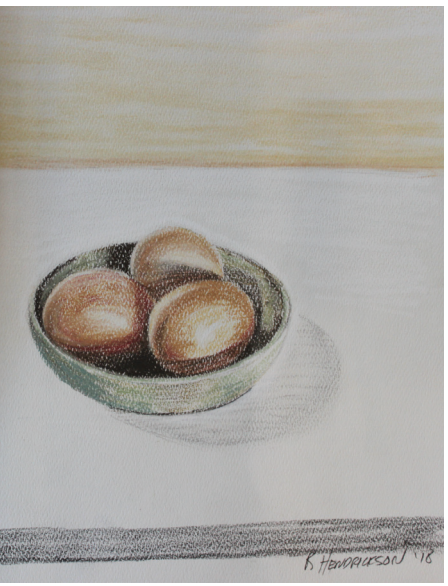






INTERMEDIATE AND ADVANCED PAINTING

INTERMEDIATE AND ADVANCED DRAWING

Ask Sophia

Welcome to Ask Sophia, the Mat-Su Monitor's regular advice column. II you have a question you'd like to see answered, e-mail it to sophia@matsu.alaska.edu or submit it in the Ask Sophia box in the FSM front lobby.

Q. Dear Sophia: How do you politely tell a clingy friend to back off without ruining an otherwise good friendship?

A. Dear Friend: They probably don't realize that they are being clingy, so there are a couple different ways you could go about this. On particularly clingy days, you could try saying, "today I'm feeling a bit overwhelmed. I need a bit of time to myself." Let them know that you still love them, but just need a breather. They may get the hint from this, but if not, go at it from a different angle. Slip into a casual conversation something to the effect of, "I want to hang out with my friends but I don't want to be too clingy - you know, I don't want to get on anyone's nerves." They might realize that they are doing just that without you ever having to call them out on their clinginess. By expressing it as a concern for yourself rather than as a critique of their behavior, you will lessen the chance of offending them.

Q. Dear Sophia: How do you deal with seasonal depression? Alaska is a desert in a sense and the cold, the snow, and the general bleakness of its temperamental weather can really bring you down.

A. Dear Friend: 1. Stay healthy. Eat your vegetables, drink plenty of water, and exercise. This will help you keep your energy up and might even boost your mood. 2. Engage in social activities. Don't worsen your cabin fever by shutting yourself up all by your lonesome. You don't even necessarily have to go out - you can invite a friend (... or maybe someone who's a little more than a friend) over to drink hot chocolate and play some board games in front of a toasty fire. 3. Look for new ways to appreciate the winter months. Alaska has some amazing scenery, even (and sometimes especially) during the snowy season. Bundle up, grab your camera, and get out and take advantage of the precious daylight hours for a short winter hike. If you're up for a bit of a drive, I would recommend heading out to Beluga Point or Potter Marsh (bonus: stand on the boardwalk, wave at passing cars, and celebrate every wave or honk you get in response!). 4. Invest in a "happy light," which mimics sunlight to improve energy and mood when the real sun is obscured by gloomy weather. You can get one online for under $40.

SUDOKU

Fill the grid with numbers so that each row, column and 3 x 3 section contains all of the digits 1 through 9.

	1			3		2		8
			6	5				1
		9	1	8				6
4			9				6	2
2								5
9	3				6			7
8				1	3	5		
1				9	7			
7		2		6			1	

Here's how it works: A R C T I C D R A G O N
is B S D U J D E S B H P O

One letter stands for another. In this example the letter B stands for the letter A so all the Bs stand for the letter A, Ds stand for C, etc. Single letters, apostrophes, and word length are all clues. The code letters are different for every puzzle.

V D D U N Z W Z R V H X B V T B U H R L Z N R O J K R
Y V I R L Y R B U N Z V G R L U Q N Z X N R L Y R H. ~
K V D L W O X T R C

- Where does the Easter bunny eat breakfast? IHOP
- What day does and Easter Egg hate the most? Fry-days.
- Why was the Easter bunny so upset? He was having a bad hare day!
- If April showers bring May flowers What do Mayflowers bring? Pilgrims!
- Why do we paint Easter eggs? Because it's easier than wallpaper.
- What happen to the Easter Bunny when he misbehaved in school? He was eggspelled.
- What sports are eggs good at? Running.

HANGIN' WITH MY PEEPS

R	A	B	B	I	T	N	U	H	G	G	E	E
T	Y	N	N	U	B	C	I	S	U	M	P	L
L	H	A	R	D	B	O	I	L	E	D	A	P
I	H	Y	D	N	A	C	E	R	T	P	L	R
A	S	P	R	I	N	G	C	H	D	I	M	U
T	S	J	E	L	L	Y	B	E	A	N	S	P
N	A	O	R	A	R	O	I	T	F	K	T	S
O	M	Y	M	U	N	S	H	A	F	E	E	P
T	I	B	B	N	E	P	P	L	O	G	K	I
T	R	D	E	I	A	R	O	O	D	G	S	L
O	A	T	L	R	I	W	L	C	I	S	A	U
C	C	I	A	L	E	L	O	O	L	S	B	T
F	L	D	G	R	A	S	S	H	S	O	T	H
R	E	D	S	K	C	I	H	C	E	R	H	U
H	T	I	A	F	P	E	E	P	S	C	N	T

Circle the words from the list below. Place the leftover letters in the spaces for a special message!

_ _ _ _

Video Game Drive For The Library

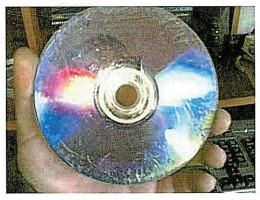
Please bring all unwanted video games to either the student government office or the library front desk.

Games Wanted For
X Box
X Box 360
PS2
PS3
Wii
Game Cube

The games will be available to be checked out of the library.

Please no computer games. There are copyright issues

Do your CDs, DVDs, or game discs look like this and don't play smoothly any longer?



Alvin S. Okeson Library is offering a
DISC REPAIR SERVICE
using state of the art equipment that has the capability of making your disc look and play like new!

For more info ask at the circulation desk

YOUR STORY COULD BE HERE!

Write an interesting paper for a class? Experience something on campus that you want to share with others? Have a strong opinion about an issue? Just want to share a poem or short story? Now any student can submit content through the Monitor's webpage! Just Search "Monitor" on the college website to find it.

ESSAY *continued from page 1*

the execution of the paper. There are generally a few key terms present in the prompt which are useful in decoding this information. This may seem like a daunting task, especially if it is assigned on the first day of class. For the sake of convenience, let's examine the slightly unimaginative writing prompt, "What makes a good essay?" In this case, the key word is "good." As the author of the eventual essay, it is up to you to decide what is meant by the word "good" in this instance. Is one supposed to create an essay on the subjects of good and evil? On the correct way to pen an essay that would lead the writer to success? Or is it referring to writing an essay that is properly composed to meet the standards a few literary "geniuses" (the creators of APA format for example)? I tend to lean toward the idea of using the essay to achieve success in whatever endeavor you are trying to accomplish -- applying for a prestigious college, becoming rich and famous with your brilliant scientific analysis, or say, passing an English class.

I'll start with the last goal: Passing a class, a feat which is important to success and the pursuit of richness throughout your life (unless you are a computer genius destined to create the Apple -- or should I say the iBanana? -- computer in your garage without a college degree). When a professor hands you a writing prompt, you need to take a few minutes to go over what you know about that professor, whether it is from past experience or general gossip. Is this instructor in the habit, perchance, of the speedy practice of scanning only the first and last paragraphs of their students' essays in the hope of finishing their grading before the football game starts? If so, the process of writing a good essay has just become much easier. Now, instead of using your valuable time to write essays that will likely be forgotten before the bell even rings at the end of your English class, you can use the majority of your free time to do other things that might have more impact on your future life, such as completing homework for other classes, working at a job in order to pay for college, sleeping, or stealing cars in Grand Theft Auto. (Is that what you do in Grand Theft Auto? I don't actually know.) To free up this much-needed time, you will need to find a good source of filibustering material for the middle paragraphs of your essay. Anything recognizable at a glance as English works. Pages from your sister's diary are handy, although it's not a good idea to include the hearts, stars, or the plethora of "OMG"s. Now all you need are outstanding first and last paragraphs for your essay. It is helpful

Pages from your sister's diary are handy, although it's not a good idea to include the hearts, stars, or the plethora of "OMG"s

to use words such as "the key aspects of," "moreover," "as a result," "in conclusion," and "Professor so-and-so is amazing." Ha ha, just kidding, this might inspire him to read the rest of your essay in order to look for other compliments about his wonderful self.

Additionally, it would probably be advisable to refrain from beginning your essay with the charming phrase of "Once upon a time," as that could also prompt your professor to read on in the hopes of finding a good fairy tale within your writing, which is unlikely (unless of course you have a very imaginative sister...)

If you have the misfortune of being placed in the class of a professor who (sigh) actually grades your papers on their full content, well, your task is slightly more difficult. In this case you actually have to write some sort of complete essay, preferably some sort of essay that is on subject. (No writing about the crumple-horned snorkack if the subject is actually Madame Bouvier.) Once you have done the required work, take special care when turning in your paper. It is important that you surround your essay with the work of the laziest members of the class (unless, of course, they haven't turned their papers in at all, having left their prompt paper crumpled under the backseat of their car; in this case, use the essays of the second laziest people). If you do this right, then the professor will be comparing your run-of-the-mill paper to the others surrounding yours, which will undoubtedly be sloppy and poorly put together. Like magic, this will relatively improve the composition of your essay, hopefully increasing your chances of getting a higher grade.

Whether you are breezing through the first and last paragraphs, or endeavoring to write the entire essay, it is important to use correct spelling and grammar in your writing. Make sure that before turning in any essay you have your paper checked by one or more of the following resources: your literarily gifted mother, another English professor you happen to have on hand, that brainy kid who hangs out in the cafeteria, or your brilliant sister Jewel. If you don't have access to any of these assets, sorry to say, but you are probably screwed. (Unless you happen to *be* the brilliant sister Jewel.)

If you happen to be writing an essay in order to apply for a more prestigious college, or to become rich and famous with your brilliant scientific analysis, then you will need to... You know what? Never mind, scratch this. Trying to figure out how to write a good essay? Google it. You'll come up with about 181 million hits in .44 seconds. What can beat that? Nothing I write, that's for sure! In conclusion, I must add that Professor Foucault is amazing.

Mat-Su College
University of Alaska Anchorage
matsu.alaska.edu

College 101

College 101 Sessions
Get insider info before you apply!
Great for High School Juniors, Seniors, and Returning Students
March 28 and April 17
6:00 p.m. in FSM 104
Call 745-9762 to make your reservation!

Summer Session
Register now!

UAonline.alaska.edu

Starting college in fall? Apply now!

OPPORTUNITIES start HERE

UAA Matanuska-Susitna College EMS Programs Alaska

Mat-Su College
EMS Training & Education Open House
Thursday March 29 from 5:00pm-8:00pm

UA is an AA/EO employer and educational institution and prohibits illegal discrimination against any individual: www.alaska.edu/nondiscrimination.